



Go to:
www.troutdaleoregon.gov
for the most up to date information
and to register online.

City of Troutdale

Summer 2020

Recreation

Guide



*People outside of Troutdale
are welcome to participate as well.*

CITY OF TROUTDALE COMMUNITY SERVICES

Register online at www.troutdaleoregon.gov

CHECK OUR WEBSITE www.troutdaleoregon.gov
FOR THE MOST CURRENT INFORMATION/CHANGES

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RECREATION PROGRAM SITES

SAM COX BUILDING/GLENN OTTO PARK.....1106 E. Hist. Columbia River Hwy
CITY CONFERENCE BUILDING..... 223 Buxton Road
TROUTDALE POLICE COMMUNITY CENTER.....234 SW Kendall Court
COLUMBIA PARK.....1900 Cherry Park Road
TROUTDALE ELEMENTARY.....648 SE Harlow Avenue
SWEETBRIAR ELEMENTARY.....501 SE Sweetbriar Lane
WALT MOREY MIDDLE SCHOOL.....2801 SE Lucas Avenue



EMERGENCY PHONE NUMBERS ~ 911

NON-EMERGENCY POLICE DISPATCH503-823-3333
GRESHAM FIRE DEPARTMENT503-618-2355
TROUTDALE CITY HALL503-665-5175
CHAMBER OF COMMERCE503-669-7473
CODE COMPLIANCE503-491-4009
BACKYARD BURNING.....503-618-3083
MULT. CO. ~ STREET LIGHTS.....503-988-0164

CITY MANAGER'S MESSAGE

Dear Residents of Troutdale,

Your Recreation Department has a long history of providing wonderful classes and activities. While COVID 19 has put a necessary pause on our schedule, we are preparing to get programs up and running. We will, of course, pay particular attention to the appropriate County and State guidelines on safe practices. The summer schedule is starting later than normal, and will include certain limitations due to safety. We also understand that the decision to participate is an individual decision as COVID 19 is more dangerous to certain risk groups. We will do what we can to minimize risks, but we trust our residents to make their own decisions as to what you are comfortable with.



One of our most popular summer events, **Movies in the Park**, is currently scheduled to proceed as planned. It is an outdoor event, and we will plan it to allow for appropriate social distancing. We would love to see you join us on July 31st and August 7th up at the Columbia Park soccer field. We will keep our eye on the County and State mandates for events, and let you know if we have to change our plans. Be safe!

Ray Young
City Manager
City of Troutdale



For all programs go to
the website for details:
dates, times, location, etc...

REGISTRATION INFORMATION

Our registration process is online only.
Please see page 15 for more details.

Financial Aid Discount

TO APPLY FOR FINANCIAL AID

- If you are a Troutdale Resident and are in need of financial assistance you may fill out the online form on the website or please contact the Recreation Manager, Mollie King at mollie.king@troutdaleoregon.gov or 503-674-7206.
- Financial Aid is for Troutdale Recreation programs listed in this guide.

DONATIONS

- It's important that all people have the advantage of recreation. Help support your community by donating any amount to the FINANCIAL AID (Scholarship) FUND.
- Donations are accepted at Troutdale City Hall or call the Recreation Manager at 503-674-7206 for more information.
- Many thanks to everyone who has contributed. It means a lot to those who otherwise could not afford to attend the programs. *Thank You!*

R = Resident*
NR = Non Resident

*Resident = You receive a water bill from the City of Troutdale. You reside, own property or a business within the city limits of Troutdale.

Fairview & Wood Village Residents: Save Money Now!

Your local City Hall has a great opportunity for you! After registering for a Troutdale recreation program and paying the full Non Resident price, take your receipt to your City Hall and be reimbursed for the difference between the Non Resident and the Resident amount.

Family Discount

Signing up more than one family member for the same program?
We will give you a 20% discount on each additional person.
Fill out the Family Discount form on the website or contact Mollie King at 503-674-7206 or mollie.king@troutdaleoregon.gov.



SUMMER SPECIALTY PROGRAMS

Rocket Camps!

Grades K ~ 2nd & 2nd-6th
(as of fall 2020)



***1/2 price for Troutdale Residents

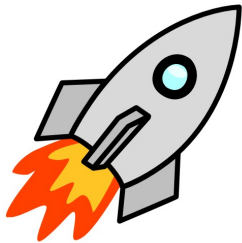
Rockets & the Science of Flight:

Grades K - 2nd

Space, rockets, planes and flight... a little bit of everything for a rockin' good time! Our most popular camp, younger campers have a blast learning the hows and whys of aerodynamics by studying all things that fly: planes, kites, hot air balloons, helicopters and of course rockets.

Rocket Lab: Grades 2nd - 6th

3...2...1...Blast Off! This camp is rockets, rockets and more rockets! Build and launch a rocket everyday as you learn all about, you guessed it,



rockets! Your child is in for an action-packed week focused entirely on rockets and the physics of rocket flight. Campers will learn the importance of teamwork in launching rockets and will have the opportunity to try their hand at each role.

Youth Internet Safety

It is too easy to put yourself at risk in our world today as technology continues to expand. How do you protect yourself? Learn about making better choices online (internet & social media) and becoming responsible digital citizens.



INSTRUCTED BY: Multnomah County
Sheriff's Office Detective Unit

Arts & Crafts Family Time

Bring the family and make a variety of arts & crafts in this family activity.
All ages. All supplies provided.

Parent/guardian
must attend with their child(ren).



INSTRUCTOR:
Recreation Staff

**For all programs go to
the website for details:
dates, times, location, etc...**

Youth Volunteer Parks Program



Ages 13 ~ 14 & 15 ~ 17 years

Participate with a group of your peers and work together to make our parks a better place. Learn new skills as you work in a team, increase your self-esteem and spend some time in the great outdoors! All equipment provided. Bring water & a snack. Wear closed-toed shoes & appropriate clothing.

SUPERVISED BY: Parks Staff

For more information contact Mollie King,
Recreation Manager at 503-674-7206, or
mollie.king@troutdaleoregon.gov

Movies in the Park
See the website for all details

YOUTH, FAMILY & ADULT

Kindertots®

**Ages 18 months
~ 36 months
with parent/adult**



Dance & wiggle with your young child while they develop motor skills, movement creativity, flexibility, strength, balance & coordination in this beginning dance & tumbling class.

INSTRUCTOR: Debbie Sackett

**For all programs go to
the website for details:
dates, times, location, etc...**

Kids Yoga

Ages 3 ~ 9



Kids Yoga is a non-spiritual, non-religious program that teaches yoga poses & stretches through songs & stories. Our activities promote the development of a strong & flexible body, increases balance, body awareness & coordination, improves posture & alignment, reduces stress & anxiety and increases concentration, focus & attention span. Parents are welcome to participate along with us.

Interested in taking Kinderdance or Kindercombo as well? Look for the discounted combination price!

INSTRUCTOR: Debbie Sackett

For more information about the
Kindertots, Kids Yoga
Kinderdance & Kindercombo programs
contact Debbie Sackett @ 503-232-4771 or
kinderdancemultnomahcounty@gmail.com

Kinderdance®

Ages 3 ~ 6 years



This is a developmental dance, movement and fitness program teaching the basics of ballet, tap, acrobatics and creative movement while learning numbers, colors, shapes, words and songs.

Take Kids Yoga directly following for a discounted combination price!

INSTRUCTOR: Debbie Sackett

Kindercombo® (Ballet & Tap for School-age Children)

Ages 5 ~ 9 years



This is a combination ballet, tap and modern dance program. This gives the young dance student a solid foundation upon which to build. Age appropriate educational concepts are fun and reinforce dance techniques and styles.

Take Kids Yoga directly prior for a discounted combination price!

INSTRUCTOR: Debbie Sackett

YOUTH, FAMILY & ADULT

Stroller Strides®

by FIT4MOM Gresham-Mt. Hood



Ages 18 years & Up with your little one!

Stroller Strides® is a total-body workout for moms with kids in tow. Each workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides Instructor is trained in pre/postnatal fitness to meet you where you are mentally and physically. You'll finish class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment. Join for the workout, stay for the connection with monthly play dates, Mom's Night Out events and community service opportunities. Join us! (Dads are welcome too!)

Together we find strength in motherhood.

INSTRUCTOR: Renee Outlaw, Owner
FIT4MOM Gresham-Mt.Hood, OR
503-850-8152
reneeoutlaw@fit4mom.com
www.gresham-mthood.fit4mom.com
[@fit4momgresham](https://www.instagram.com/fit4momgresham)
[#fit4momgresham](https://www.facebook.com/fit4momgresham)

Taekwondo

Ages 6 years & Up



Youn Wha Ryu Taekwondo is an ancient and complex self-defense system that goes beyond kicking and punching. Students learn practical self-defense concepts that focus on increasing reaction, timing, speed and full body power. These dynamic classes combine both aerobic and anaerobic training and encourage the development of self-discipline, balance, coordination, agility, flexibility and overall total body strength. Children and adults can train together for great family fun and fitness. Beginners are always welcome!

INSTRUCTOR: Ronna Rothenberger



**For all programs go to
the website for details:
dates, times, location, etc...**

YOUTH, FAMILY & ADULT

Yoga for a Balanced Life

**Ages 18 years & Up
(13-17 years with
registering parent/adult)**

Invoke feelings of inner peace with the physical practice of yoga (Hatha) incorporating Iyengar (alignment) & Vinyasa (flow) styles. Balance your mind, body & spirit through movements that increase flexibility, develop muscle tone and ease the knots in the body & mind. We will focus on the breath and increase personal awareness. Come experience this easy-to-follow, safe, fun and effective class. Develop a mindful practice that is unique to you and enriches your sense of personal strength and power.



INSTRUCTOR: Kay Gates (See Bio)

Gentle Yoga for Health & Healing

Ages 18 years & Up

A gentle paced yoga class that is open to all and is ideally suited for seniors. We will focus on the ABC's of awareness, breathing, comfort and stability. A typical class begins seated in a chair, then moves to standing poses (with chair available for support) and finishes with floor/mat poses. We will end with a relaxation sequence. This class is for those who want to improve agility, range of motion, strength, balance and coordination.

INSTRUCTOR: Kay Gates (See Bio)

YOGA INSTRUCTOR BIO:
Kay Gates is a certified instructor through the Yoga Alliance with more than 8 years & over 800 hours of teaching experience. She has also completed Integrative Yoga for Seniors professional training through Duke University.

Wondering about
Yoga Camp for Adults
2020?

It has been postponed.
We hope to offer it in the
fall or winter.

**For all programs go to
the website for details:
dates, times, location, etc...**

Anytime Fitness

Ages 18 years & Up



**LOCATION: Anytime Fitness,
26940 SE Stark, 503-676-6604.**



Stroller Strides®
by FIT4MOM Gresham-Mt. Hood
**Ages 18 years & Up with
your little one!**
See page 7 for more details.

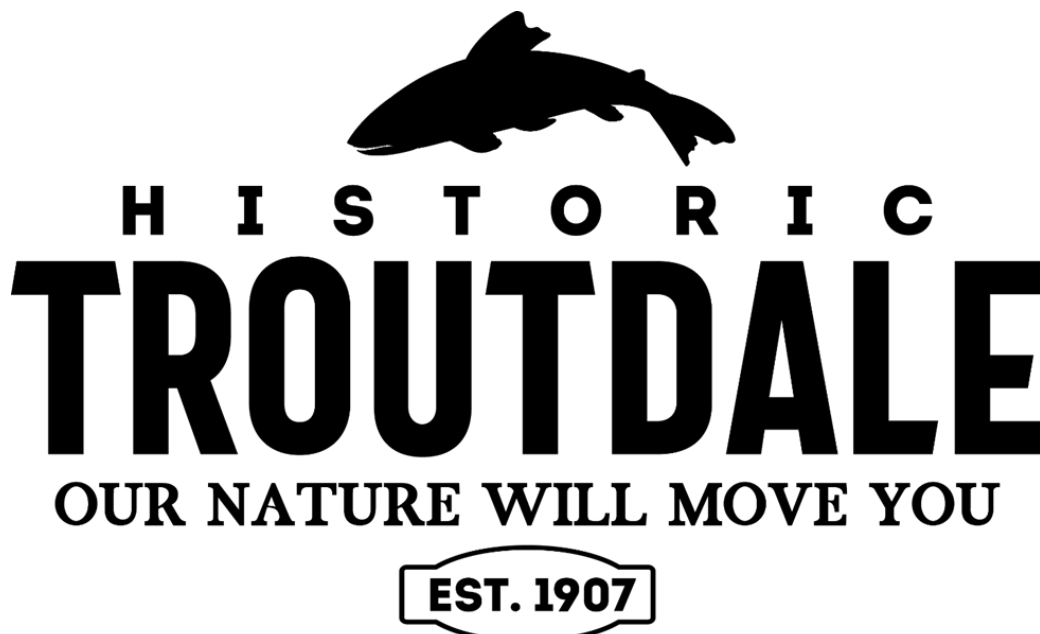
OUR STORIES WILL MOVE YOU

Now more than ever, we've learned how vital human connection and community pride are to our lives. We miss grabbing dinner at local restaurants with friends, attending our kids' events at school, and floating in the Sandy River on sunny days. While we may all be in our homes, we miss everything about our home that makes it so wonderful – our community.

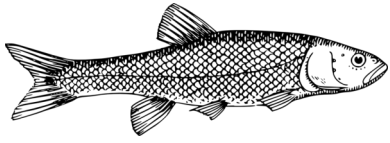
The City of Troutdale has recently completed a community branding effort and what better way to release the community brand than with the community itself? What makes our city so great is our people and what each of us add to make it unique.

We're asking for your stories to tell the story of us – the story of Troutdale. What does Troutdale mean to you? What is your favorite memory here? When is a time that you felt especially proud to call this place home? We hope that showcasing these stories on the City's social media accounts will allow people to rediscover our city and all the amazing things there are to love about it and take pride in.

Stories can be emailed to marlee.boxler@troutdaleoregon.gov. And if you don't fancy yourself a writer, how about sharing a photo from past or present? As they say, a picture is worth a thousand words. Please include a description (long or short), location, and approximate date with any photo submittals. Featured story tellers will be given an item of Troutdale branded swag to show off to friends and family!



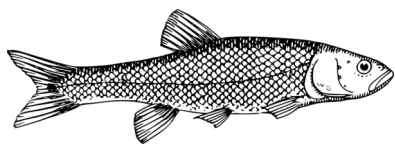
WORD FIND



Words that may come to mind when you hear the word 'Troutdale'.

	A	K	Q	I	O	O	X	P	H	Z	P	B
Wind	R	E	U	C	A	P	N	M	T	O	D	U
Home	I	R	S	W	L	P	R	E	U	Y	M	K
Quaint	V	X	H	R	L	O	Z	A	W	L	Y	E
Opportunity	E	Q	A	E	W	R	X	I	D	E	Y	O
Fish	R	Y	U	J	R	T	R	O	U	T	I	P
Gem	S	I	B	E	A	U	T	I	F	U	L	P
Charming	J	K	E	T	X	N	A	C	H	V	X	U
Beautiful	O	Y	C	B	M	I	R	O	L	M	K	P
Rustic	I	T	J	W	R	T	A	R	Q	E	H	N
Idyllic	Y	E	V	Q	B	Y	X	G	M	G	L	W
Cute	D	B	R	U	S	T	I	C	N	X	K	O
Rivers	Y	O	U	A	D	C	V	I	R	M	O	T
Trout	L	H	S	I	F	D	M	J	V	P	W	L
Small Town	I	J	E	N	B	R	A	P	O	I	M	L
Family	M	A	T	T	A	H	O	I	N	T	J	A
	A	Z	U	H	C	B	F	D	X	O	G	M
	F	E	C	I	L	L	Y	D	I	K	A	S

TROUTDALE TRIVIA



Test your knowledge of Troutdale!
(answers on page 16)

1. What year was the City first founded?
2. Before Troutdale, what was the name of the area circa 1854?
3. What was the name of our first mayor?
4. Which park covers a former land fill?
5. Who was the first woman mayor of Troutdale?
6. How many mini-parks are there in Troutdale?
7. How many years was Paul Thalsofer mayor?
8. Which park is named after a former state representative and mayor?
9. Which home in Troutdale is named after a famous sea captain?
10. Which park will be home to a live Christmas tree?
11. Who was the biggest employer in Troutdale before Amazon?
12. What world renowned highway runs through Troutdale?

CITY OF TROUTDALE PARKS & OPEN SPACES

C.P. PARK

.71 acres in size, located at the corner of 28th Street and Faith Court. Main access is off Faith Court. Facilities include a playground, a small open grass area, a picnic table, and a half-court basketball court. **NO** dogs allowed.

CANNERY PARK

.68 acres in size, located on SW McGinnis Avenue. Access is off McGinnis Avenue. Facilities include three benches, a paved walkway and an open grass area. **NO** dogs allowed.

COLUMBIA PARK

19.9 acres in size, located west of Reynolds High School off SW Cherry Park Road. Main access is off Cherry Park Road, but there are several walkways that access the site through the surrounding neighborhoods. Home of "Imagination Station", a large adventure playground structure. Facilities include parking, soccer field, three baseball diamonds, open grass areas, picnic tables, two barbecue grills, six acres of wooded area with trails, public restrooms. Two covered picnic areas can be reserved for events. ADA accessible. **NO** dogs allowed.

DEPOT PARK

2.25 acres in size, located on East Columbia River Highway and next to Beaver Creek. A caboose and boxcar are located on the site. Facilities include the old train depot, which is now a railroad museum, parking, paved walkways, a picnic table and a bench with a view-point along Beaver Creek. **NO** dogs allowed.

GLENN OTTO PARK

6.38 acres in size, located off East Columbia River Highway, bordered by the Sandy River on the east and Beaver Creek on the west. Access is off East Columbia River Highway. Beach trails provide access to the Sandy River for swimming and fishing, life guards are onsite on a seasonal basis. Facilities include a caretaker's home, restrooms, parking, outdoor stage, half-court basketball court, a horseshoe pit, barbecue grills, playground, picnic tables, and a large open grass area. A community building and covered picnic areas can be reserved for events. ADA accessible. **NO** dogs allowed.

HARLOW HOUSE PARK

1.38 acres in size, located on East Columbia River Highway. Main access is off East Columbia River Highway. The Troutdale Historical Society uses the house as a museum and the grounds as a public park. Facilities include the Harlow House and The Barn, which currently operate as museums, a gazebo, boardwalk, benches, wildlife viewing and parking. Trailhead for Robin's Way. **NO** dogs allowed.

HELEN ALTHAUS PARK

2 acres in size, located off 7th Street. Facilities include a full-court basketball court, small open grass area, playground, bench, picnic table, and about a mile of trails that connect 4th Street to 7th Street. **NO** dogs allowed.



KIKU PARK

2.62 acres in size, located off Beaver Creek Lane, borders the Beaver Creek Greenway. Main access is off Beaver Creek Lane. Facilities include a half-court basketball court, an open grass area, a pedestrian walkway, playground, trails, nature viewing and an overlook of Beaver Creek Canyon. **NO** dogs allowed.

LEWELLYN PARK

2.39 acres in size, located within the Sandee Palisades Subdivision. Main access is off Lewellyn Avenue. Facilities include two tennis courts, a paved walkway, an open play area, a picnic table, a bench, and a playground. ADA accessible. **NO** dogs allowed.

MAYORS SQUARE

.17 ACRES IN SIZE, LOCATED IN DOWNTOWN Troutdale. Main access is off Columbia River Highway. A brick retaining wall functions as a performance stage for events held downtown in the summer. Facilities include a paved walkway, open space, a fountain, sculptures, park furniture, drinking fountain, plaques and interpretive signs. **NO** dogs allowed.

SANDEE PALISADES PARK

4.62 acres in size, located within the Sandee Palisades Subdivision. Main access is off 26th Street. Facilities include a paved walkway, softball field, large open grass area, picnic tables, parking and playground. ADA accessible. **NO** dogs allowed.

SUNRISE PARK

15.76 acres in size, located between Hensley Road and 21st Street. Access is off Hensley Road on the west and 21st Street on the east. Features include a small pond which provides habitat for a variety of land and water animals, a viewpoint circle in the southeast corner of the park that provides excellent views of Mount Hood and the bluff. **Dogs are allowed on a leash.**

SWEETBRIAR PARK

1.38 acres in size, located adjacent to Sweetbriar Elementary School. Main access is off SE Evans Avenue. Facilities include an open grass area and a paved pathway. **NO** dogs allowed.

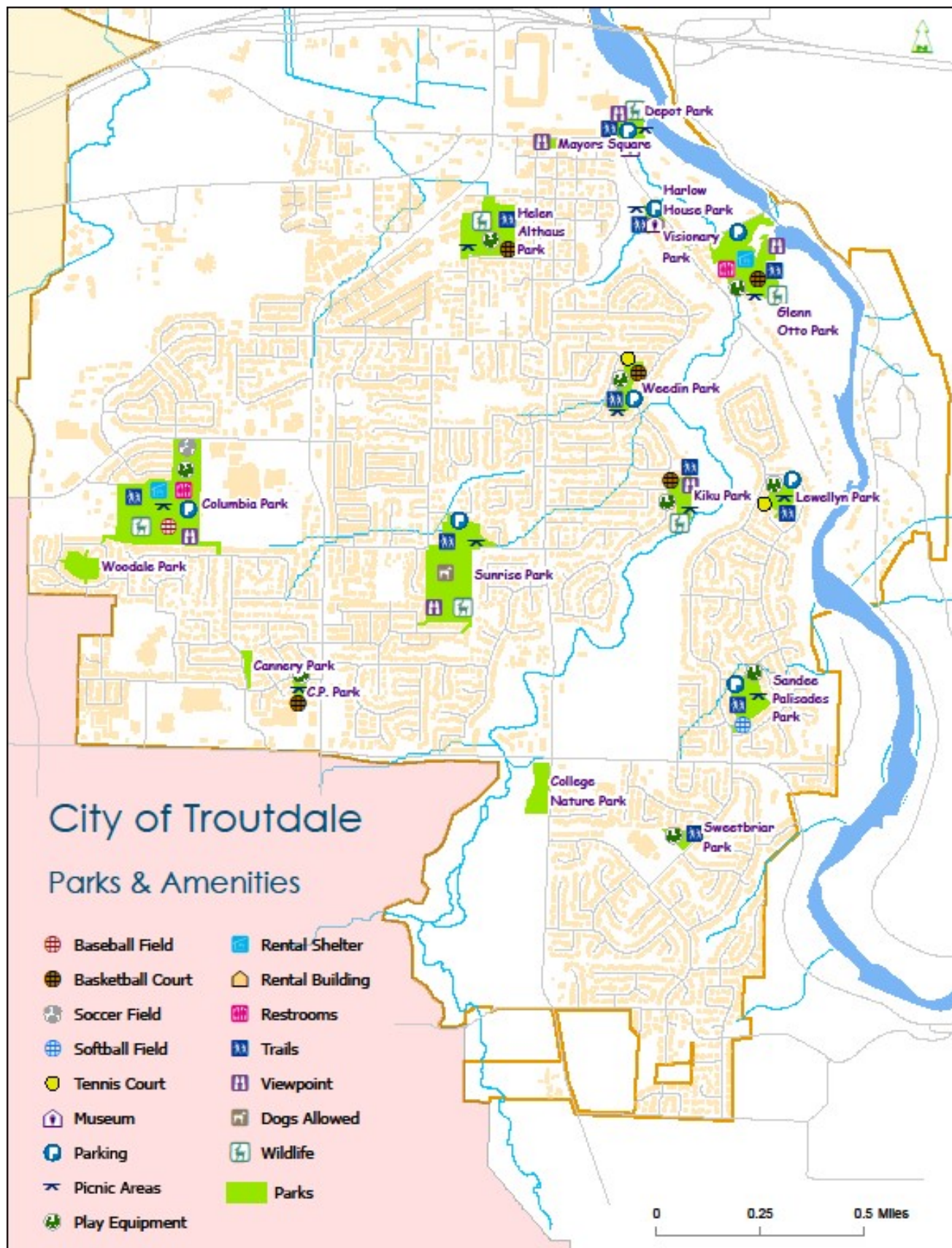
WEEDIN PARK

2.52 ACRES IN SIZE, LOCATED OFF Beaver Creek Lane. Main access is off Beaver Creek Lane. Facilities include a tennis court, half-court basketball court, playground, parking, a paved walkway, open grass areas, and a picnic table. ADA accessible. **NO** dogs allowed.

WOODALE PARK

2.5 acres in size, located east of 242nd Avenue, four short pedestrian walkways connect the park to 22nd Street, 23rd Street, Brink Avenue, and Larsson Avenue. The site is currently undeveloped and facilities are limited. **NO** dogs allowed.

CITY OF TROUTDALE PARKS & OPEN SPACES



COMMUNITY INTEREST

Due to COVID-19,
please contact each organization directly
to find out the status of their program.

Troutdale Library

2451 SW Cherry Park Rd
503-988-5123
www.multcolib.org



Local Swimming Pool Information:

Mt. Hood Community College
www.mhcc.edu/aquatics

Reynolds Middle School

- 503-665-4494
- www.mhaswimschool.org
- contact@mhaswimschool.org

Barlow High School

- 503-258-4960
- www.barlowpool.com



Cub Scout Pack and Boy Scout Troop.

For more information go to
<https://beascout.scouting.org/>.



Reynolds Community Preschool

Ages 3.5-5: affordable, play-based, local

Contact Jessica Story, jstory@rsd7.net
or Sally Hamilton, shamilton@rsd7.net,
or call 503-667-3186 Ext. 1147
More details at: rcp.reynoldshigh.net



REGISTRATION - ONLINE ONLY

HOW TO REGISTER:



Register 24/7 at www.troutdaleoregon.gov:

- Click on “DEPARTMENTS”.
- Click on “Recreation”.
- Click on “Register for Activities”.
- Click on “Account” to set up a password protected account. The system will store participant information (but not credit card number).
- To register for a program click on “Register” then “Programs or Activities”
- Find the season/year you are interested in (for example Winter 2020)
- Hit “+” to expand/open
- Scroll to see the selections
- Programs will appear to the right
- Scroll down in this window for any additional programs listed
- Click on the notepad icon to register (under Sign Up)

The system will guide you through the rest of the steps to complete your registration and pay with a credit or debit card. The City only accepts Visa or Mastercard.

Please contact Mollie King, Recreation Manager
for any assistance at 503-674-7206.

Cancellations/Refunds

- Request within 5 business days (Monday ~ Friday) before the start of the program = refund of amount paid less 15% processing fee.
- Request within 4 business days (Monday ~ Friday), during or after program = No refund
- If the City of Troutdale cancels a program, a full refund will be issued within one to two weeks.

CITY COUNCIL MEMBERS

Casey Ryan, Mayor
Dave Ripma, Council President
Randy Lauer
Jamie Kranz
Glenn White
Nick Moon
Zach Hudson

PARKS ADVISORY COMMITTEE

Todd (Marshall) Jones
Shelly Reynolds
Carol Allen
James Gurtisen
Natalie Rasmussen
David Wheaton
Jeff Hutchinson
Brenda Austin
Victoria Rizzo



CONTACT

Community Services
Recreation Manager
Mollie King 503-674-7206
mollie.king@troutdaleoregon.gov
Mailing address:
219 E. Historic Columbia Riv. Hwy,
Troutdale, OR 97060

CITY STAFF

Ray Young, City Manager
Mollie King, Recreation Manager

SNOWCAP DONATIONS

You can donate to
SnowCap all year long
at Troutdale City Hall.
Your donations are
needed and greatly
appreciated.
THANK YOU!

GOOD NEWS IS *NO*NEWS!

Unless you hear from us, GO to class.

We will only contact you:

- If class is cancelled
- If there is a change in time/day

*So, if it's almost time for your class and you
haven't heard from the staff at Troutdale
Recreation, that's good news! It means the
class is a GO—see you there!*

Answers to Trivia from Page 11

1. 1907
2. Sandy
3. Aaron Fox
4. Sunrise Park
5. Clara Latourell Larsson
6. Two: Sweetbriar Park & Visionary Park
7. 16 years (& on City Council 10 years prior)
8. Glenn Otto
9. Harlow House
10. Mayors Square
11. Reynolds Aluminum
12. The Historic Columbia River Highway

